

Goal Exploration Worksheet — Find Your Purpose

Best for finding your purpose. Clarify values & long-term aims.
Values (top 5) — why they matter:

Life Domains (rate 0–10) & notes:

Health	Career	Relationships	Finances	Growth/Learning	Fun/Spirit
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Long-Term Vision (3–5 years):

Near-Term Experiments (next 90 days):

Notes: